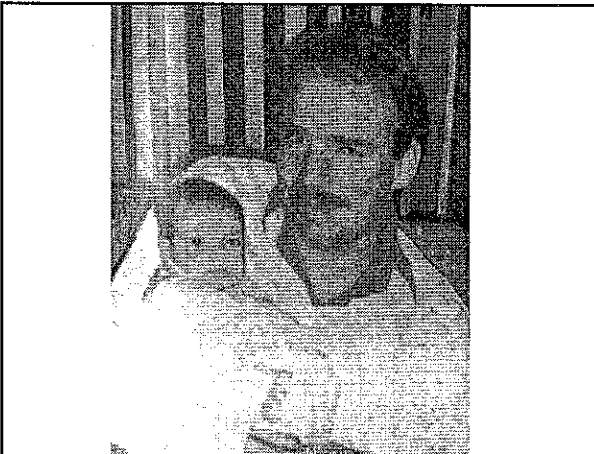


Maryland's 4th Annual Recovery Peer Specialists Networking Conference

Phil Valentine
Executive Director
Recovery established 12.28.87

December 28, 1987



28 Years

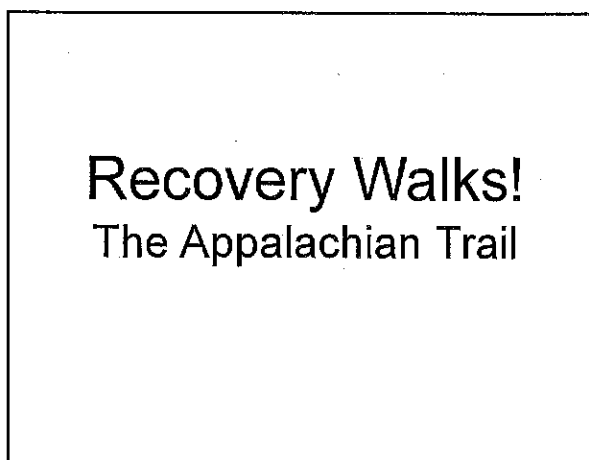
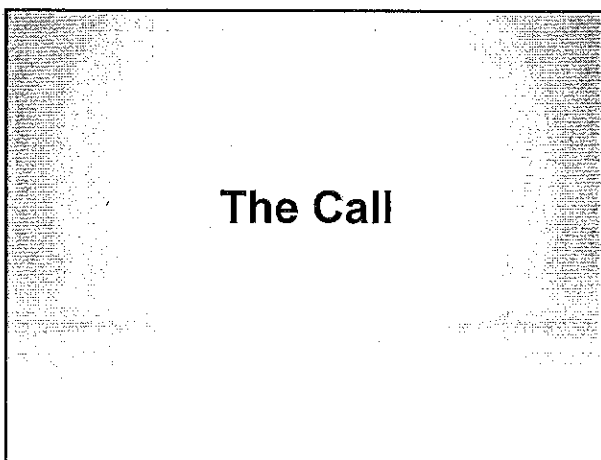
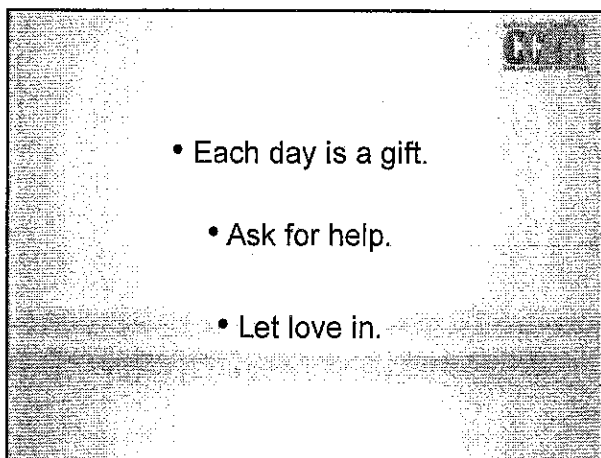
- The further I get into recovery, the less I know.
- Things are not as black and white as I once thought. The gray area keeps expanding.
- Fishing is best when you're not concerned about catching anything.
- Gratitude is the antidote for the poison of resentment.
- There is no such thing as quality time with your children, there is only quantity.
- Do not let a kid with the stomach flu sleep on the top bunk.

28 Years

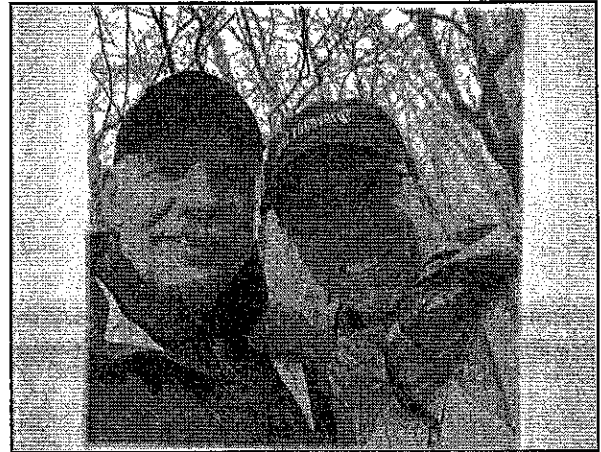
- There is incredible wisdom and power in the experience, strength and hope in one person's recovery.
- Let your yes mean yes, and your no mean no.
- I can get through anything "one day at a time" .
- I didn't get sober to be miserable.
- The lighter my load, the further I go and the more enjoyable the journey.
- Live in the moment.
- I can get bitter, or better. The choice is mine.
- When in doubt about what to do next, do the next right thing.
- Continue...

March 19, 2010





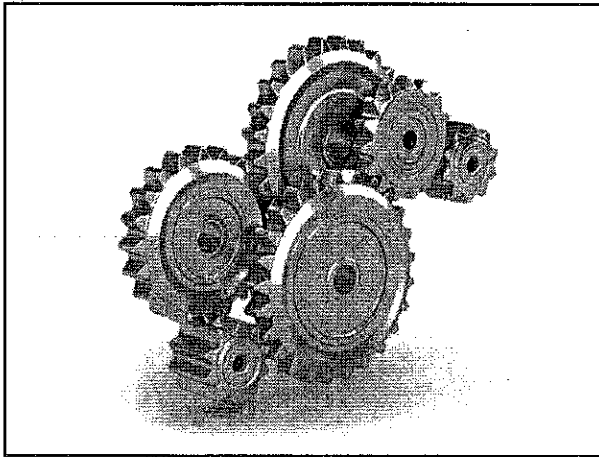
March 19, 2015



The Appalachian Trail



- Georgia to Maine
 - 14 states
 - 2,189.2 miles
- Climbing & descending Mount Everest 16 times
 - Take about 6 months
 - Sleeping in the woods
- Stop into towns every 3-5 days for food, shower, laundry, etc.
 - 5,000,000 steps or so
- Less than 15,000 people have completed a thruhike



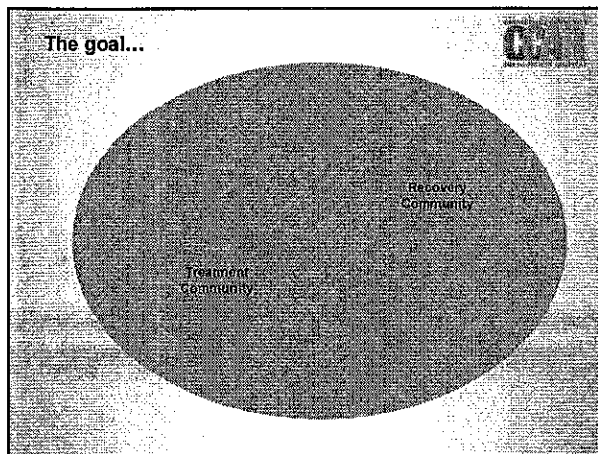
Slaying the Dragon
The History of Addiction Treatment and Recovery in America

The law must recognize a leading fact, medical not penal treatment reforms the drunkard

Historical context...

Recovery Community Organizations...

bridge the gap



- Foundational Principles**
- you are in recovery if you say you are
 - multiple pathways of recovery
 - focus on the recovery potential, not the pathology
 - err on the side of the recoveree
 - err on the side of being generous

- Advocacy**
- Recovery Support Services
 - Recovery Core Values
 - Heroin Town to Recovery Town
 - Pardons Process
 - NIMBY – Recovery Housing
 - Recovery Coaches in Emergency Departments

- How CCAR Advocates**
- Individual Meetings
 - Meeting Attendance
 - Speaking Engagements
 - Email listserve
 - Radio Shows
 - Public Access TV Shows
 - Videos
 - Website <http://ccar.us>
 - Social Media (facebook, twitter, instagram, linkedin)
 - Earned Media

Stigma



Webster defines stigma as...

“a mark of shame or discredit”.

Stigma...



- robs people of rightful life opportunities
- interacts with illness and exposes people to distorted experiences with criminal/mental health/medical treatment
- leads health care systems to withhold appropriate service

Words we need to abandon...



- Stigma
- Substance Abuse

Recovery Support Services



- Recovery Coaching
- Telephone Recovery Support
 - Recovery Works!
- All-Recovery Meetings
- Recovery Training Series
 - Social Events
- System Navigation

What is a coach?

"The very first use of the word 'coach' in English occurred in the 1500's to refer to a particular kind of carriage....Hence the root meaning of the verb 'to coach': to convey a valued person from where he or she was to where he or she wanted to be."

- Roger D. Evered and James C. Selman
Coaching and the Art of Management

Art & Science of Recovery Coaching

"People don't care how much you know until they know how much you care."

- Anonymous

Recovery Coaching Basics

CCAR Recovery Coach Academy©

Humble beginnings...

5-day retreat-like environment

1. Actively listen
2. Ask good questions
3. Discovery and manage own stuff to...

Treat All People Like Resources

Recovery Coaching 2 Key Ingredients

1. Curiosity

2. Encouragement



CCAR Emergency Department Recovery Coaching (March 1 - September 28)

405 out of 409
99%

Hospital

*Manchester - 127
*Windham- 119
*Lawrence & Memorial- 86
*Backus- 77
Total= 409

Overdose

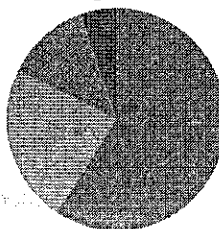
* No= 367
* Yes= 42

Gender

*Male=287 (70%)
*Female= 122 (30%)

* Outcomes (3-1-17 to 9-28-17)

Drug of Use

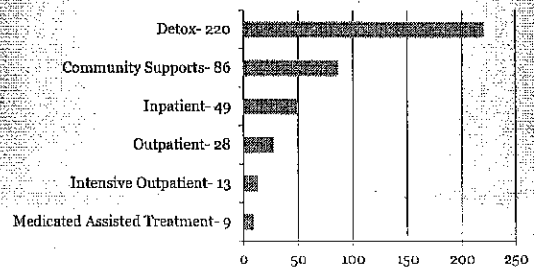


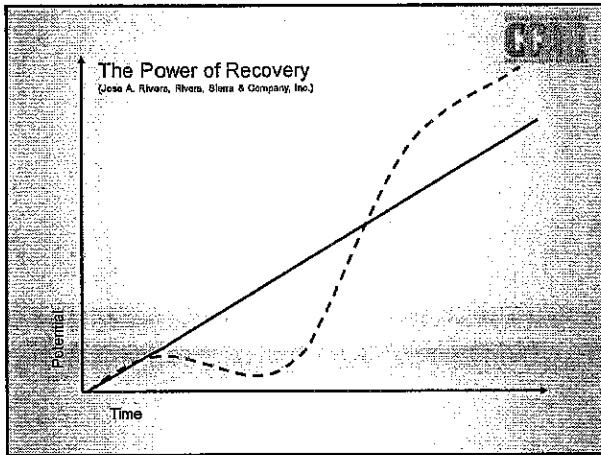
■ Alcohol (238)
■ Alcohol & OS (40)
■ Heroin (53)
■ Heroin & OS (45)
■ Prescription Opiates (4)
■ Prescription Opiates & OS (9)
■ Cocaine OS (12)
OS = Other Substances

Alcohol & Alcohol OS= 69%
Heroin & Heroin OS= 24%

* Outcomes (3-1-17 to 9-28-17)

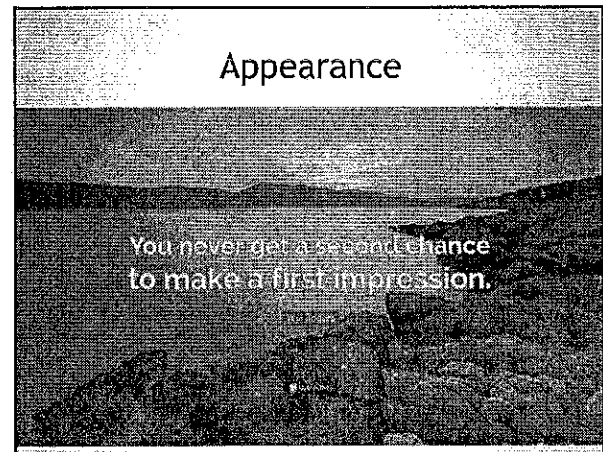
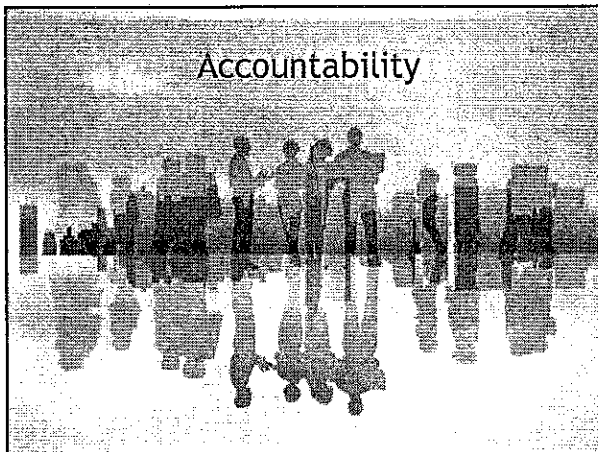
Level of Care Referrals

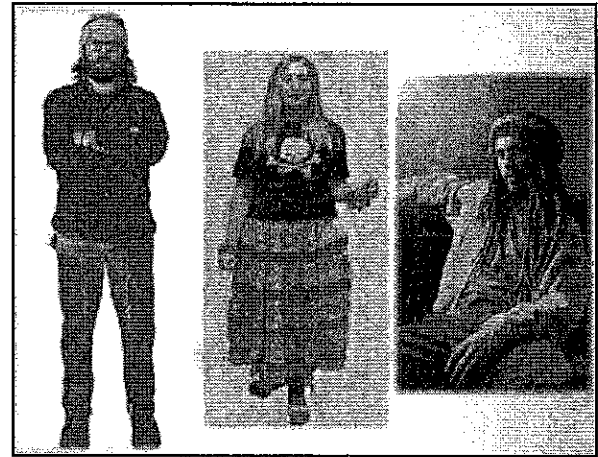
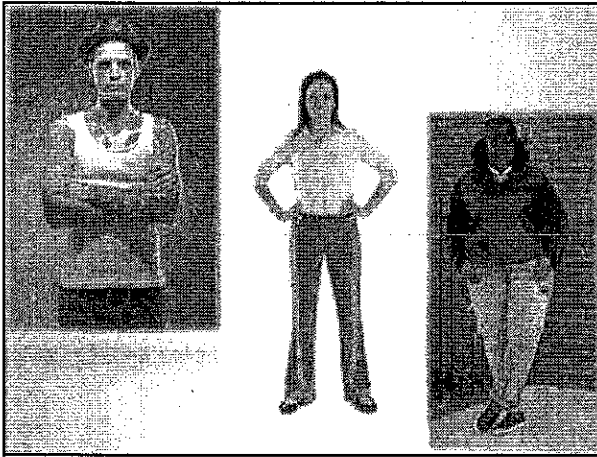




According to Merriam Webster...

Professional is defined as:
exhibiting a courteous, conscientious and generally
businesslike manner in the workplace.



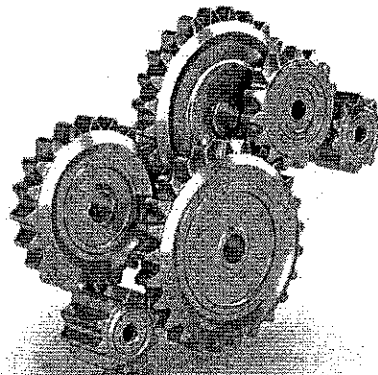


Appearance

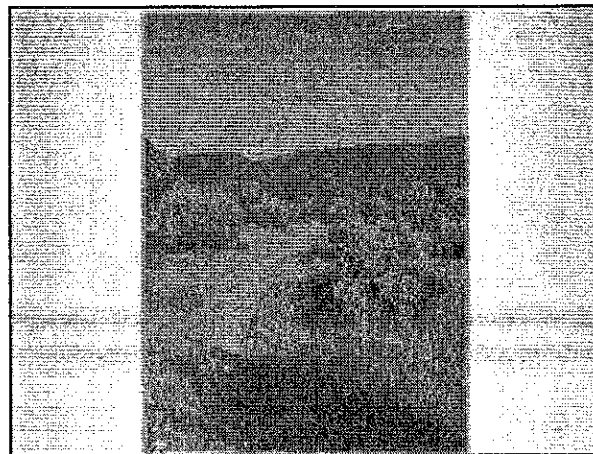
- Appearance and non-verbal behavior account for 55% of an initial impression
- Vocal quality (tone of voice) accounts for another 38%
- Words account for 7%

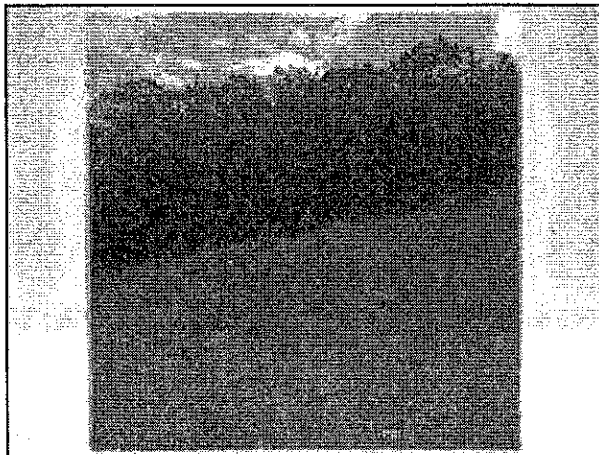
Professionalism

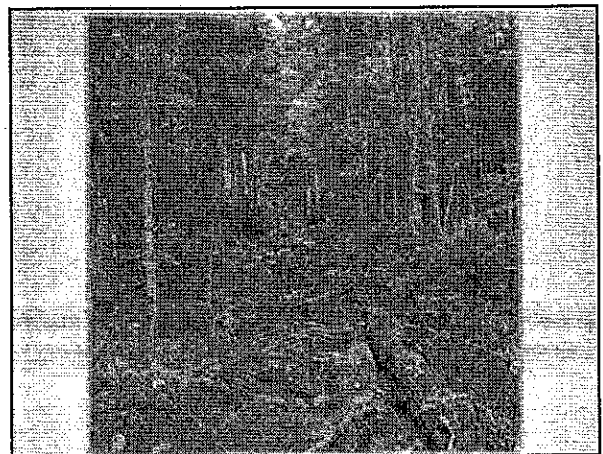
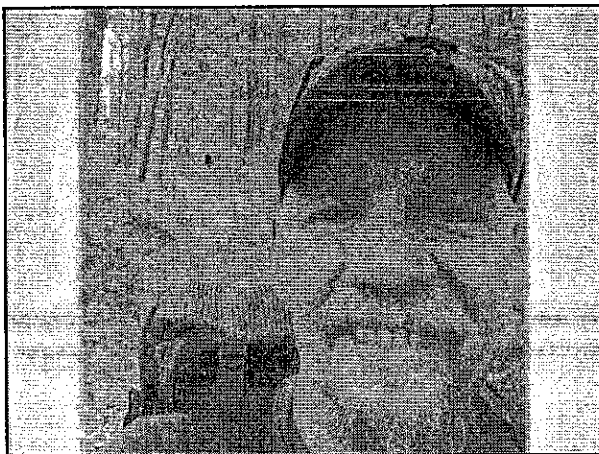
- | | |
|----------------------|-------------------------------|
| 1. Accountability | 7. Demeanor/Maintaining Poise |
| 2. Appearance | 8. Organization |
| 3. Etiquette | 9. Competence |
| 4. Communication | 10. Self-Care |
| 5. Reliability | |
| 6. Ethics/Boundaries | |

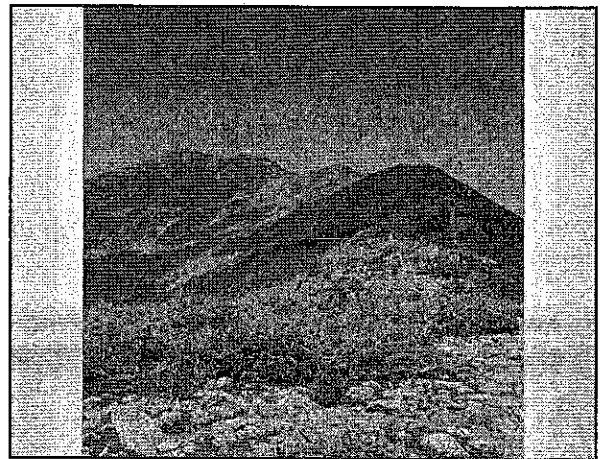


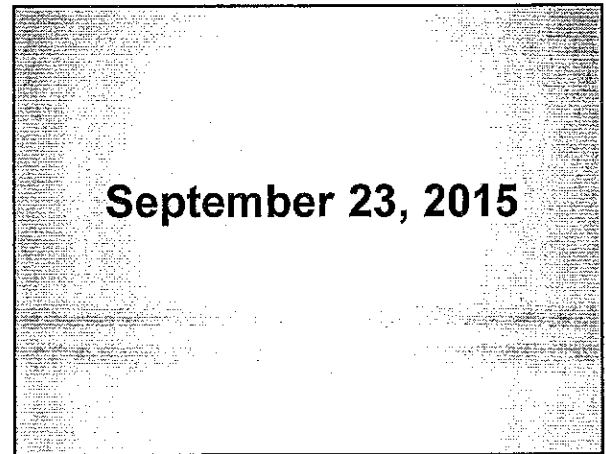
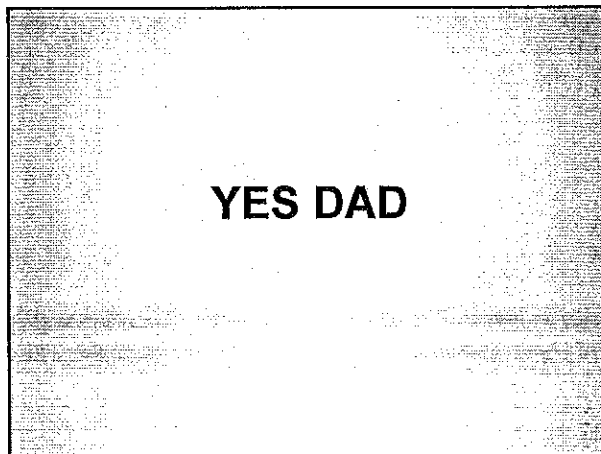
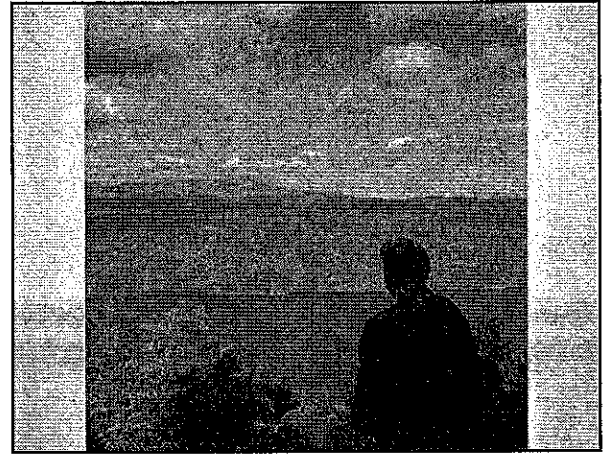
**Sometimes the trail
is...**

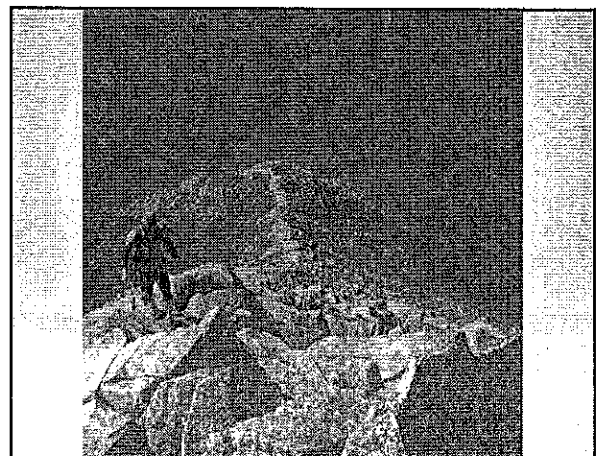
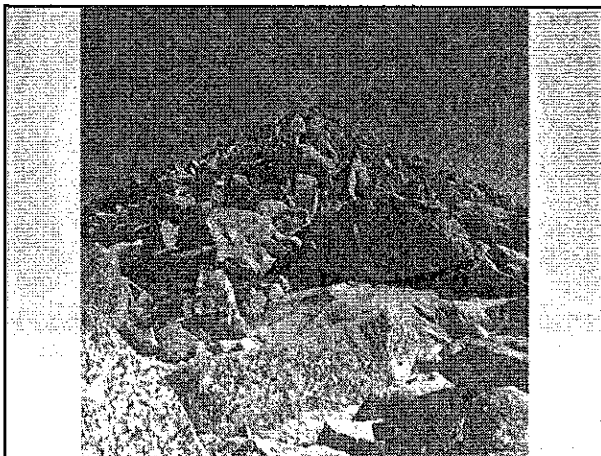
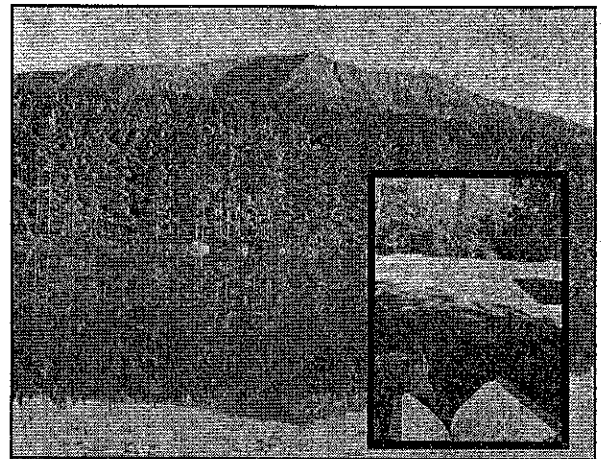


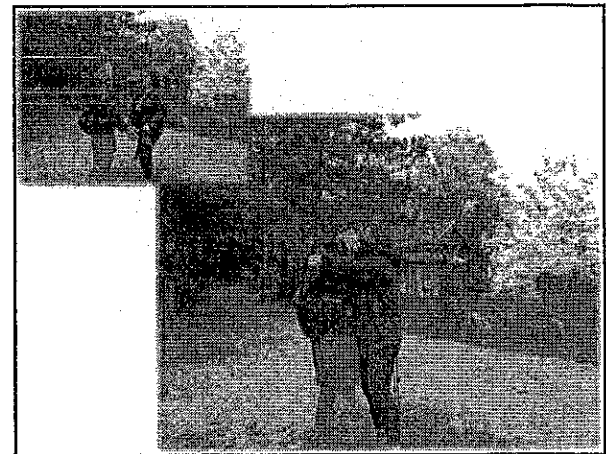
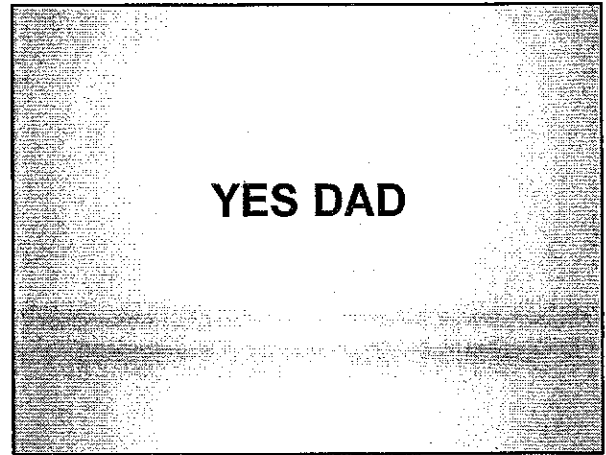
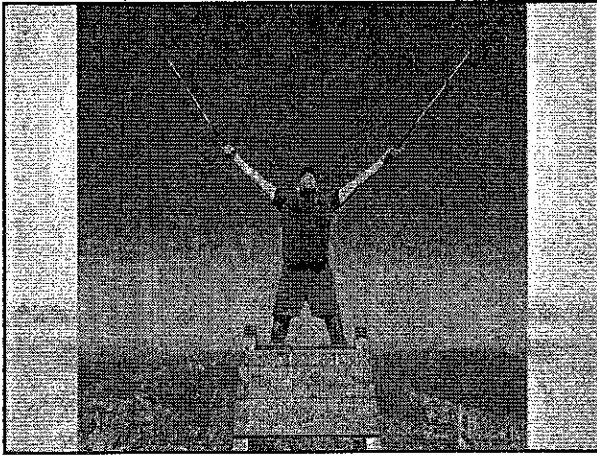


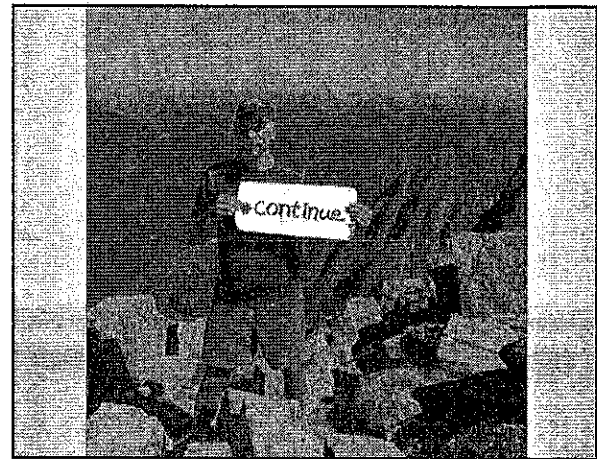
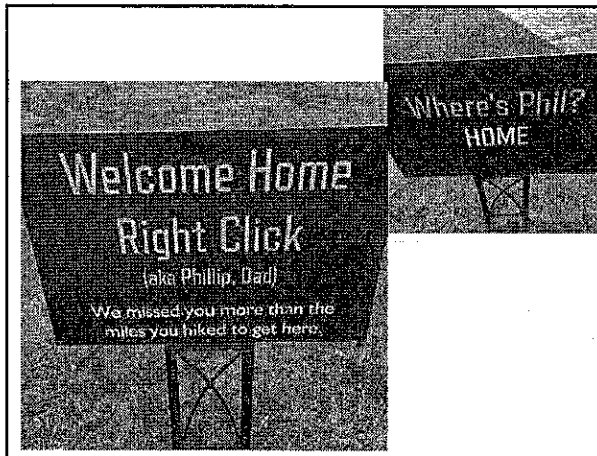












Right Click's Thruhike

- 189 days
- March 19, 2015 to September 23, 2015
 - 11.6 miles/day
 - 12 zeros
 - Last 58 days, 1 zero
 - 5,500,000 steps or so
 - Dropped 56 pounds
- Chewed through 6 pairs of boots
 - Feet grew 1½ sizes

I Am Not Ashamed

Recovery Walks!

